



MILWAUKEE POLICE DEPARTMENT

STANDARD OPERATING PROCEDURE

045 – PHYSICAL FITNESS

GENERAL ORDER: 2014-91
ISSUED: August 1, 2014

EFFECTIVE: August 1, 2014

REVIEWED/APPROVED BY:
Captain Regina Howard
DATE: July 16, 2014

ACTION: Creates SOP

WILEAG STANDARD(S): 2.4.6

045.00 **PURPOSE** (WILEAG 2.4.6)

The purpose of this standard operating procedure is to establish a policy regarding standards of general health and physical fitness to which all members must adhere.

045.05 **POLICY**

It is the policy of the Milwaukee Police Department to encourage all members to maintain a high level of physical fitness and good health. These standards do not eliminate or penalize employees who can otherwise perform the tasks of their assignment, with or without reasonable accommodation.

045.10 **PROCEDURE** (WILEAG 2.4.6)

A. GENERAL PHYSICAL FITNESS OF EMPLOYEES

Current members shall possess a level of general health and physical fitness that allows them to adequately perform physical tasks they may encounter on their specific job assignment. Members are expected to be mentally focused and fit for duty at all times.

B. RECRUIT OFFICERS IN TRAINING

While assigned to the Police Academy, recruit officers shall meet standards of proficiency in the mandatory recruit officer physical training program, defensive and arrest tactics, and firearms training as part of their employment.

C. POLICE AIDES

Police aides shall meet standards of proficiency in the mandatory police aide physical training program as part of their employment.

D. EXERCISE FACILITIES

Exercise rooms are available for all members at district stations, the Police Academy, and the Neighborhood Task Force. Members are encouraged to utilize the exercise equipment to their benefit and to improve and/or maintain their level of physical fitness. Members of the department shall not use the exercise room during work hours unless authorized by their commanding officer.

E. "WELLNESS YOUR CHOICE MILWAUKEE"

Members are encouraged to participate in the city of Milwaukee's "Wellness Your Choice Milwaukee" program. Members are also encouraged to seek annual physical examinations and to maintain a high level of physical fitness.

A handwritten signature in black ink, reading "Edward A. Flynn". The signature is fluid and cursive, with the first name "Edward" and last name "Flynn" clearly legible.

EDWARD A FLYNN
CHIEF OF POLICE

EAF:mfk